

Menu Goal 8: Whole Grains

Challenge Requirements

Silver Requirement:

Whole grain foods must be offered 3 or more times per week.

Gold Requirement:

Whole grain foods must be offered every day of the week.

Description

What Counts as a Whole Grain Food?

Purchased Products:

- Ingredient statement on the label of the foods must show a whole grain as the first listed grain ingredient

Products Made from Scratch:

- The total grain weight in the food product must be 100% whole grain or
- The weight of the whole grains added together must be at least 51% of the total grain weight of the product. (example 49% white flour and 51% whole wheat flour)

INGREDIENTS: WHOLE WHEAT FLOUR (WHOLE GRAIN), WATER, WHEAT GLUTEN, BROWN SUGAR, YEAST, RAISIN JUICE, CANOLA OIL (NON-HYDROGENATED) CULTURED WHEY, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, VINEGAR, DOUGH CONDITIONERS (ETHOXYLATED MONO-DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DISTILLED MONOGLYCERIDE, CALCIUM PEROXIDE, ASCORBIC ACID, AZODICARBONAMIDE, ENZYMES), CALCIUM SULFATE, SOY FLOUR, CORN STARCH, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE). **CONTAINS:**

For more information on Whole Grains see the HealthierUS Challenge Whole Grain Resource at <http://teamnnutrition.usda.gov/HealthierUS/index.html> .

Goldie's Tips



Change products from white to wheat at the beginning of school year so students don't notice the change as much. In addition to recipes used to meet the challenge, we now offer whole grain brownies, whole grain cakes, and whole grain cookies. We are currently in the process of developing recipes using white beans and/or applesauce which will allow us to increase iron and lower fat in baked goods without compromising the finished product. We use 100% brown rice in spanish rice and fried rice recipes.

- Offer sandwiches on whole grain bread
- Mix white and brown rice: brown rice > 50% of mix.
- Mix flours in baking goods: whole grains > 50% of mix

Silver Requirement

Monday	Tuesday	Wednesday	Thursday	Friday
				

Gold Requirement

Monday	Tuesday	Wednesday	Thursday	Friday
				



Write down the foods meeting this criteria and their portion sizes on the Lunch Menu Worksheet (page 5 – 6 for the Silver application or page 7 – 8 for the Gold application).

Place the recipe and/or food labels in your HealthierUS Challenge application packet showing the foods that meet the whole grain requirement.



Gooding Gold Award Menu Example on Next Page....

Gooding Gold Award Menu Example: whole grain food offered every day

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 16 HOLIDAY	Jan 17 Macaroni & Cheese Broccoli Pumpkin Cake Healthy Choice Bar 3 Romaine Salad Mix	Jan 18 Chicken Burger on Whole Grain Bun French Fries Steamed Carrots Apricot Cobbler Healthy Choice Bar-B Romaine salad mix	Jan 19 Taco Refried Beans Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 20 Chili Whole Grain Cinnamon Rolls Healthy Choice Bar 1
Jan 23 Chicken Alfredo Whole Grain Applebread Peas and Carrots Healthy Choice Bar 1	Jan 24 Sloppy Joes Tater Tots Oatmeal Raisin Cookie Broccoli Healthy Choice Bar 2	Jan 25 Enchiladas Spanish Rice Mexicali Corn Healthy Choice Bar-M	Jan 26 Ocean Burger on Whole Grain Bun French Fries Peas Whole Grain Pumpkin Cake Healthy Choice Bar-B	Jan 27 Turkey Noodle Soup PBJ Uncrustable Whole Grain Cookie Healthy Choice Bar 1
Feb 6 Ham/Cheese on Whole Grain Roll Baked Beans Herbed Broccoli/ cauliflower Romaine salad mix Healthy Choice Bar 4	Feb 7 Beefy Mac Green Beans Whole Grain Rolls Healthy Choice Bar 2 Romaine Salad Mix	Feb 8 Fajitas Spanish rice Refried beans Romaine Salad Mix Healthy Choice Bar-M	Feb 9 Chicken Sandwich on Whole Grain Bun French Fries Steamed Carrots Whole wheat cookie Romaine salad mix Healthy Choice Bar-B	Feb 10 Pizza Corn Power Alley Bar Healthy Choice Bar-P
Feb 13 Crispy Chicken Salad Cherry Cobbler Grapes Healthy Choice Bar 2	Feb 14 Lasagna Green Beans Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 3	Feb 15 Burritos Spanish rice Corn on the cob Romaine salad mix Healthy Choice Bar 1	Feb 16 Sub Sandwich Cream of Potato Soup Crackers Cowboy Cookie Strawberries Healthy Choice Bar-B	Feb 17 Chicken Nuggets Mashed Potatoes Steamed Carrots Whole Grain Roll Romaine Salad Mix Healthy Choice Bar 1

Variety of Milk offered every day.



Common Questions Answered

We are having problems finding products that meet the criterion for offering whole grain products three times a week (*Silver*) or every school day (*Gold*). Please tell us how to identify such products and give us examples.

The 2005 Dietary Guidelines are putting great emphasis on increasing consumption of whole grains. Whole grains show added benefit in reducing the risk of such chronic diseases as cardiovascular disease, diabetes, and controlling weight. Whole grains have at least 18 known nutrients, including fiber, B vitamins, magnesium, iron, zinc, vitamin E, phytochemicals, and antioxidants. The local school review committee should review the label/ingredient list on each product's ingredient statement to determine whether a product meets the *HealthierUS* School Challenge criteria. A whole grain should be the first grain ingredient listed, indicating it is the *primary* grain of the product. For many whole-grain products, the words *whole* or *whole grain* will appear before the grain ingredient's name. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. Whole grains that are widely available in the U.S. are:

- Brown rice
- Bulgur (cracked wheat)
- Graham flour (coarsely ground whole wheat flour)
- Whole oats (oatmeal)
- Whole-grain barley
- Whole grain cornmeal
- Whole rye flour
- Whole wheat flour

You might also look for the whole-grain health claim—"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers"—on food product labels. FDA requires that foods that bear the whole-grain health claim must contain 51% or more whole grains by weight, therefore would meet the whole grain requirement for the *HealthierUS* Challenge.

Our school district understands the importance of whole grains in the diet and we are working with our menus to meet the criteria for the *HealthierUS* School Challenge. However, our students have yet to establish a preference for predominantly whole grain products. We believe they will develop a preference if we have a phase-in period where we offer products that contain some whole grain. For example, we bake our own breads in our schools. We would like to spend this first year with a formula of 1/3 whole wheat flour to 2/3 white flour and gradually increase the whole wheat until students are accepting the change. Would this plan meet the criteria?

Your schools are to be commended for baking breads for the students. The fresh aroma of school-made breads is a great enticement to school meal participation. However, USDA is strongly committed to recognizing schools that are making an effort to offer students *whole-grain products*, so the menu criteria for *Silver* certification will remain

to offer students a whole grain food 3 or more times a week and for the *Gold* certification, offer a whole-grain product each school day. The *HealthierUS* School Challenge criteria defines a whole grain product as a product with whole grain as the first grain ingredient, indicating that it is the primary grain. Therefore your school-made rolls should contain at least 51% of the grain as whole wheat flour if white flour is the only other grain ingredient. There are lots of other ideas for incorporating whole grains in school meals, such as offering baked whole-grain corn tortillas, combining brown rice with white rice, mixing whole wheat pasta with regular pasta, making sandwiches with one slice of whole wheat and one slice of white bread, and making cookies with whole wheat flour. Because the 2005 Dietary Guidelines emphasize that half of the breads/grains in the diets be whole-grain, or a minimum of three servings of whole grain products per day, industry has begun to develop many more products that contain whole grains. Schools should see an increase in availability.

Under the menu criteria for the whole grain foods—if I make just five cold sandwiches on whole wheat bread as a menu choice, does that count for this requirement?

The intent of the *HealthierUS* School Challenge is to make healthy and permanent changes in menus. While the criteria do not quantify foods such as whole-wheat items, serving only five sandwiches does not meet the intent of making menus healthier. However, such a situation **should** warrant more investigation to determine if the school is making a good faith effort to improve the menus. For example, if the school is implementing Offer Vs Serve, starting out with five sandwiches may be a viable method to introduce whole wheat bread to the children. The school must show that every child has the opportunity to select a sandwich made with whole wheat bread by preparing the sandwiches using the batch or staggered cooking method. There should always be whole wheat sandwiches available on the line. As the children become more accepting, the quantity of whole wheat sandwiches should increase.

Can flax seed be counted as a whole grain?

No, flax seed is not a grain. Grains are generally the seeds of various grasses. Flax seed is a seed product of a flowering plant, and is not considered to be a grain product.

Can popcorn be counted as a whole grain?

No, popcorn is a whole grain, as defined by the Dietary Guidelines, but in school meal programs popcorn is considered a snack food item and is not credited as a grain/bread.